

PRSRT STD
U. S. POSTAGE
PAID
STATE OF CALIF.
ASSEMBLY

California State Assembly
Assemblywoman Nicole Parra
P.O. Box 942849
Sacramento, CA 94249-0030



Be prepared in 3 easy steps

Step 1:

Create a new contact in
your cell phone.

Step 2:

Enter ICE before the
name of the contact.
[Example: ICE - Mom]

Step 3:

Enter the phone number
for your emergency
contact.



Being prepared is as easy as...



...ICE

In Case of Emergency



California State Assembly

NICOLE PARRA

ASSEMBLYWOMAN, 30TH DISTRICT

Dear Friends,

In these turbulent times, it is important to be prepared in case you are in an accident that leaves you unconscious or unable to talk. Now being prepared, is as simple as **ICE**. **"In Case of Emergency"** helps first responders and emergency room personnel gather valuable information about your health and medical conditions.

By entering the acronym ICE with a name and phone number into your cell phone's "phonebook," emergency personnel can contact the person you designate in a crisis situation.

There are over 192 million cell phones in the United States. In 2003, the Centers for Disease Control and Prevention reported that 900,000 emergency room patients could not provide contact information because they were incapacitated.

Are you prepared in the event of an emergency? Do you have a card that you keep in your wallet about the medications you take, any medical conditions you have or who to contact in case of an emergency?

Please inform your friends and family about this easy way to be prepared.

As always, it is a pleasure serving you.

CAPITOL OFFICE: State Capitol, P.O. Box 942849 • Sacramento, CA 94249-0030 • (916) 319-2030 • Fax: (916) 319-2130
DISTRICT OFFICES: 601 24th Street, Suite A • Bakersfield, CA 93301 • (661) 334-3745 • Fax: (661) 334-3796
321 North Douty Street, Suite B • Hanford, CA 93230 • (559) 585-7170 • Fax: (559) 585-7175
E-MAIL: Assemblymember.Parra@assembly.ca.gov
WEB SITE: <http://democrats.assembly.ca.gov/members/a30>

10 ways to be prepared in case of an emergency

- 1. Identify Your Risk** — What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you. Does your neighborhood or community have a disaster plan?
- 2. Create a Family Disaster Plan** — Your family needs a plan that tells everyone: where to meet if you have to evacuate; who you've identified as an out-of-state "family contact"; how to get emergency information in your community; and how to take care of your family pets.
- 3. Practice Your Disaster Plan** — After you sit down with your family and write your plan — practice it. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car.
- 4. Build a Disaster Supply Kit for Your Home and Car** — If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.
- 5. Prepare Your Children** — Talk to your kids about what the risks are and what your family will do if disaster strikes.
- 6. Don't Forget Those With Special Needs** — Infants, seniors and those with special needs must not be forgotten.
- 7. Learn CPR and First Aid** — Contact your local chapter of the American Red Cross today and get trained on basic first aid and CPR.
- 8. Eliminate Hazards in Your Home and the Workplace** — You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.
- 9. Understand Post 9/11 Risks** — Disaster preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.
- 10. Get Involved, Volunteer, and Bear Responsibility** — Donate blood, join a local Community Emergency Response Team (CERT), educate your neighbor, or volunteer with your local American Red Cross.

 *Cut out and keep in your wallet.*

Emergency Contact Information

Name:

Medical Insurance Company Name:

Allergies:

Medications Used:

Special Conditions:

In Case of Emergency, Contact:

Name:

Relationship:

Telephone Number: